

Ground Beef Wellingtons

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Servings: 2

*1/2 cup fresh mushrooms,
chopped*
1 tablespoon butter
*2 teaspoons all-purpose
flour*
*1/4 teaspoon pepper,
divided*
1/2 cup half-and-half
1 large egg yolk
*2 tablespoons onion, finely
chopped*
1/4 teaspoon salt
1/2 pound ground beef
*1 tube (4 ounce)
refrigerated crescent rolls*
*1 large egg (optional), lightly
beaten*
*1 teaspoon dried parsley
flakes*

Preparation Time: 30 minutes

Bake Time: 25 minutes

Preheat the oven to 350 degrees.

In a saucepan, saute' the mushrooms in butter until softened. Stir in the flour and 1/8 teaspoon of pepper until blended. Gradually add the cream. Bring to a boil. Cook and stir until thickened, about 2 minutes. Remove from the heat. Set aside.

In a bowl, combine the egg yolk, onion, two tablespoons of the mushroom sauce, the salt and remaining 1/8 teaspoon of pepper. Crumble the beef over the mixture. Mix well. Shape into two loaves.

Separate the crescent dough into two rectangles on a baking sheet. Seal the perforations. Place a meat loaf on each rectangle. Bring the dough edges together and pinch to seal. If desired, brush the dough with egg wash.

Bake until golden brown (24 to 28 minutes) and a thermometer inserted into the meat loaf reads 160 degrees.

Meanwhile, warm the remaining sauce over low heat. Stir in the parsley.

Serve the sauce with the Wellingtons.

Per Serving (excluding unknown items): 451 Calories; 39g Fat (77.6% calories from fat); 21g Protein; 4g Carbohydrate; 1g Dietary Fiber; 218mg Cholesterol; 407mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 6 Fat.